

# Healthy Active Learning

## Clarifying the support provided through Healthy Active Learning

### What is Healthy Active Learning?

Healthy Active Learning is a joint government initiative between Sport New Zealand and the Ministries of Health and Education to improve the wellbeing of tamariki and young people through healthy eating and drinking, and quality physical activity.

### What are the three components of Healthy Active Learning?



#### Ministry of Health

providing a health promotion workforce to support schools, kura, and English and Māori-Medium early learning services to create healthy food and water-only educational environments. This will include a focus on healthy food and drink policies. Toolkits have been developed to support this.



#### Sport New Zealand




providing a physical activity workforce to support 800 primary and intermediate schools and kura to create healthy and active learning environments, and better connection to their local communities.



#### Ministry of Education

creating new Health and Physical Education (HPE) and Hauora curriculum resources to support all schools and kura to enhance the understanding, planning and delivery of HPE and physical activity. The resources will be developed in Te Reo Māori and English.

### Settings where each component will be delivered

			
Early Learning Services (including Māori medium)	✓		
Kura	✓	✓	✓
Primary Schools	✓	✓	✓
Intermediate schools	✓	✓	✓
Secondary Schools	✓		✓

## What support will each setting receive?

### Early Learning Services (including Māori medium)

Will have access to:

- A health promotion workforce to support in developing and implementing healthy food and water-only policies
- Healthy food and drink toolkits (developed in Te Reo Māori and English) to support healthy food and drink environments

### 800 primary and intermediate schools and kura

Will have access to a dedicated and skilled workforce that will support:

- Schools and kura to understand and recognise the value of the Health and Physical Education and Hauora curriculum
- Schools and kura to create an environment that supports and promotes quality play, sport and physical activity
- Teachers and kaiako to be confident and capable in delivering the Health and Physical Education and Hauora curriculum
- Schools and kura to create a healthy food and drink environment
- Schools and kura to make well informed decisions when engaging with external providers
- Schools and kura to strengthen their connections with their wider community, including whānau and local health and physical activity providers

### All primary, intermediate and secondary schools

Will have access to:

- A health promotion workforce to support in developing and implementing healthy food and water-only policies
- Healthy food and drink toolkits (developed in Te Reo Māori and English) to support healthy food and drink environments
- Health and Physical Education and Hauora curriculum resources (developed in Te Reo Māori and English) to enhance the understanding, planning and delivery of HPE and physical activity
- Guidelines to support schools and kura to effectively engage with external providers